



There are two extremes in dress which make a person conspicuous in public. One is shabbiness, the other is freakishness. The happy medium combines good style with good sense. We have it in Clothcraft Clothes.

Everything To Wear

Overcoats
Sweaters
Walk-Over Shoes
Shirts
Ties
Gloves
Ladies' Suits
Ladies' Coats
Millinery
Sweaters
Underwear
Hosiery
Waists
Underskirts
Furs
Rain Coats
Shoes

SUTTON & McBEE

CLOTHIERS & FURNISHERS
MT. VERNON, KY.



ROCKCASTLE AND HER ROADS

"Why should I vote for the 20 cent road tax?"

Because it will not increase taxation, but will enable the pushing of the present undertaking of road building toward completion in macadamizing.

"If it doesn't increase taxation, what is the idea?"

Consult County authorities and others posted on these affairs and you will get the plain facts, demonstrating the advisability of voting yes on this question.

"What's the matter that the roads are not already completed?"

The bond issue was not large enough by half or more.

"How has the money been spent from the bond issue?"

Legitimately, with mighty few exceptions. More miles of graded road have been made, with the amount involved, than was accomplished by any other county in the State.

"How about mistakes made in the undertaking of building Rockcastle roads?"

Some mistakes were made, it is true. No undertaking of any importance was ever carried out, entirely, without some mistakes occurring. Rockcastle has been freer from them than any other in the Commonwealth.

"What about charges made by candidates before primary election and even afterward before final election, relative to waste of road funds?"

Camouflage, to a great extent, by the boys who wanted the management of affairs. Sort of a family affair as it were, which was mostly all healed over and forgotten after election.

"What other benefits will this 20 cent tax bring?"

It insures the \$5,000 State Road apportionment, yearly, to our county, which otherwise might be lost, tho we would still have to pay the present road tax into State Road Fund which would be diverted to the building of roads in other counties and be a dead loss to us.

"Where Rockcastle County spends \$10,000 on her roads how much of this amount is borne or refunded by the State Highway Department?"

The amount is \$7,500, or 75 per cent, under the late law.

"Can our county get these benefits without spending the money on road work?"

No.

"What of the \$100,000 fund from Federal, State Aid and private subscription for the completion of Dixie-Boone up Rockcastle river, etc?"

Sufficient amount of this fund is in bank at Lexington, to start the work as soon as surveys have been completed and contracts let. The war has delayed the matter. Engineers who have been engaged on the surveys have been drafted at different times to engage in fighting the battles of our country, and the supply of engineers has been reduced to a limited number. Surveys will be completed as soon as engineers are available.

"What influence would the failure of voting the 20-cent tax have upon this \$100,000 donation?"

It is feared that if our people fail to show their appreciation of this magnificent fund that a damper will be cast over the situation and the possibility of the loss of the whole amount. This fund, created as a gift to Rockcastle and Laurel counties, should be strenuously fought for in its preservation and no point overlooked in showing that we heart-

ily appreciate the big gift. The voting of this 20-cent tax would be one of the clinchers, and assurances of the final completion of the present undertakings and make it certain that other county roads will follow in their wake, whereas if we lay down now we will have an immeasurable loss.

"What about those portions of the county that are without improved roads?"

They will naturally follow. It is imperative that we first have the inter-county seat roads, they accommodating the larger portion of travel. Cross roads will be built as a natural consequence and demand.

"What benefit has the present construction been to the citizens of Rockcastle?"

Since the beginning of improved road building in the county, land and other valuations have increased to the amount of nearly half million dollars and are still climbing, all from road propaganda construction. The \$100,000 invested in roads has been one of the county's best possible moves. The benefits already derived are immense and we are on the threshold of greater things as time passes and road work progresses.

"How are the people to know that the above statements are facts?"

Consult your bankers, merchants, lawyers, farmers and others who are posted. We are friends and neighbors and should drop all little prejudices and misunderstand-

ings and work for the general interests of all. There is nothing today of a more far reaching interest, except the great war, which our boys will soon bring to a successful conclusion, than our highways.

Let us get together and go after it. We have made a good beginning. Let us proceed with the good and most vital undertaking launched during the past century, for Rockcastle and the mountains of south-eastern Kentucky.

JAMES MARSH.

BUY LIBERTY BONDS

BRONCHIAL TROUBLE

Mrs. A. E. Sidenberger, Rockfield, Ind., states: "For an attack of bronchial trouble which usually assails me in the spring I find Chamberlain's Cough Remedy the only thing that gives me relief. After using it for a few days all signs of bronchial trouble disappear."

— Buy MORE Bonds —

Interesting Letter From Egbert Norton

HOQUIAM, WASH., Oct. 3, 1918.

Mr. E. S. ALBRIGHT, Mt. Vernon, Ky.

Dear Editor:—No doubt you will be interested to spring something new on your readers of the Mt. Vernon Signal. So I will attempt to give you some news from the north-west.

This is a fine country, covered with heavy timber, mostly fir, spruce and hemlock, which is being moved rapidly from the woods to the mills. The spruce and fir are used for the building of airships, mostly spruce. An air beam must be free from all defects. It is inspected many times before it goes into an airship.

The logging is carried on by donkeys. You never see a team in the woods. We have steel tram roads running into each log camp, so the logs are loaded and hauled out by heavy engines.

The people are very loyal, buy Liberty Bonds to the limit.

In the woods you can see all kinds of people, Swedes, Finns, Greeks, Philipinos, Germans and Austrians.

I am an inspector of spruce logs, and I have an opportunity to mix with these fellows.

Saturday night I was in a ship launching parade over in a ship-building town, where they launched the ship "Aberdeen," which was built in seventeen and a half days. This ship is a 4,000-ton wooden construction. There were 10,000 or more people in the parade. We had band music and patriotic songs. That is the spirit of the people out here, and this town also raised their quota for bonds the first day and doubled. This kind of thing will cause Billie to open his eyes again.

There are a number of soldiers in the Spruce Production Division working in both woods and mills. There is a cut-up plant at Vancouver, Wash., that cut over a million feet of spruce and fir per day. This is the greatest mill of its kind in the world.

The other day I saw a large stump known as the "McKinley Stump," from the top of which Teddie R. spoke in 1903, May 22. This stump is located in the center of the park of a small town, and is 12 ft. 6 in. at the base and 8 ft. 4 in. at the top. The tree from this stump was 360 years old, 300 feet high, and contained 30,000 board feet.

The mountain scenery is fine. Sometimes see Mt. Hood, with its snowy cap, that is when the fog clears away.

I enjoy this kind of work fine and am in the best of health. My weight is 180 pounds, so you can begin to see that this is a healthy climate.

The popular conception of a lumber Jack seems to be a cross between a pile driver and a Kansas cyclone. He is supposed to browse on spruce and fir boughs, wash them down with whiskey, comb his hair with a devil club, shake himself like a shepherd dog every time he washes his face, take his tobacco with a hay fork, and his snuff with a scoop shovel.

Far be this from the truth. The lumber Jack is of verile, pulsating manhood, with red corpuscles in his blood, gray matter in his head, and sand in his gizzard, or the forests never would have been converted into products for the comforts of mankind.

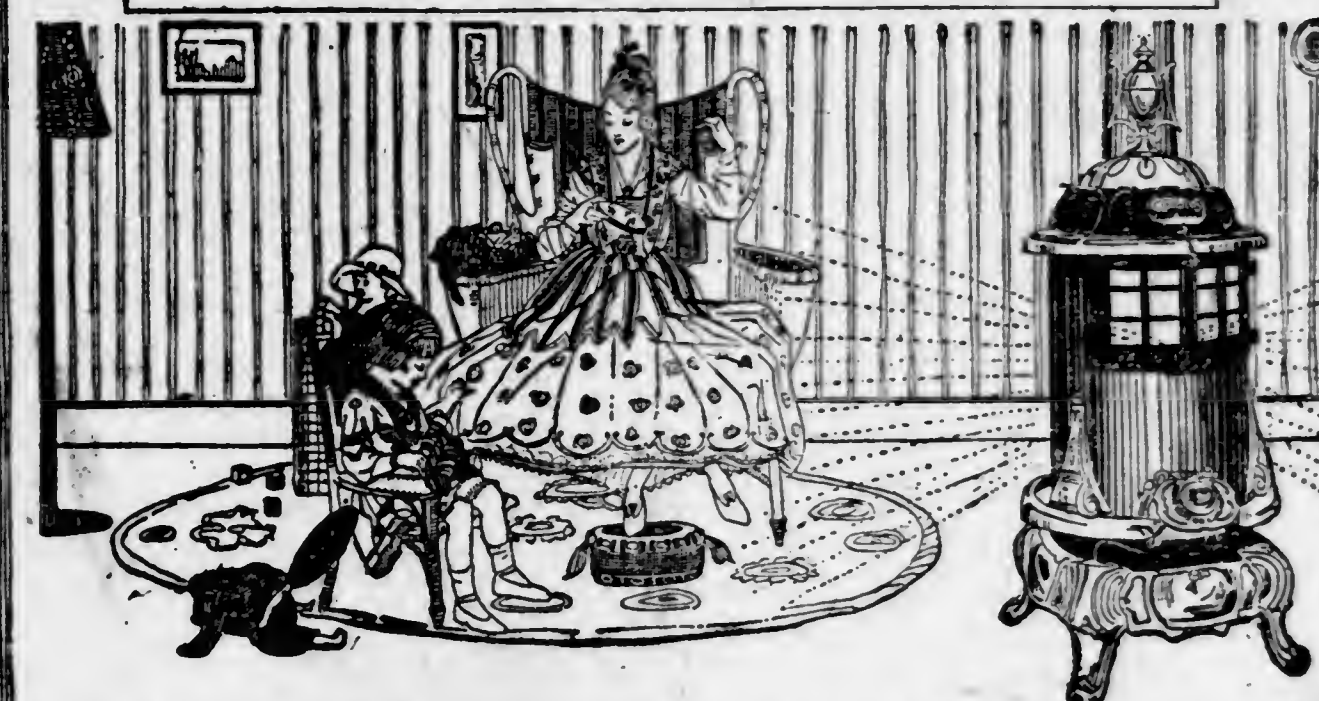
Guess I will close or I may worry some one.

My address is: Hoquiam, Wash., Box 934. Would appreciate a letter from anyone. I remain,

Yours

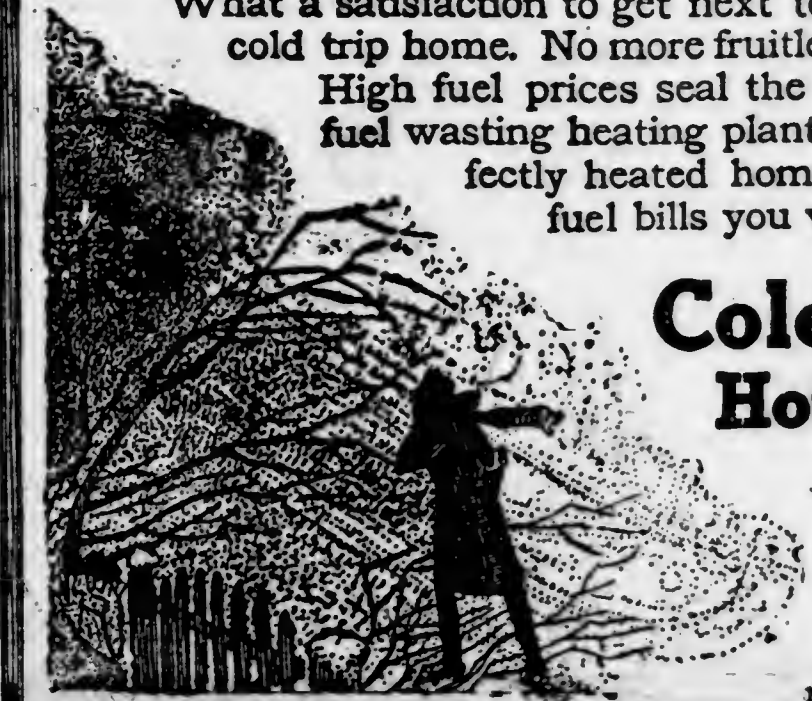
EGBERT FISH NORTON.

C. C. COX



Come Home to Real Heat and Big Fuel Economy

What a satisfaction to get next to *real* heat after that cold trip home. No more fruitless hugging a radiator. High fuel prices seal the doom of extravagant, fuel wasting heating plants. If you want a perfectly heated home and greatly reduced fuel bills you will invest in



Cole's Original Hot Blast Heater

BURNS CHEAPEST COAL CLEAN AND BRIGHT. USES ANY FUEL.

It will save the nation millions in fuel money this winter. Act now.

No. 111

It's Patriotic TO BUY EARLY

Prices are advancing. Our stock is complete and our prices low.

Make the quarters saved right by buying War Saving Stamps

We have a full line of Sweater Coats, Outing Caps, Toques, Skating Sets, Underwear, Hosiery, Gloves and Over-Shoes. Buy now — when our stock is exhausted your opportunity to save is gone.

JOHN ROBINS
BRODHEAD

Lend the Way They Fight.
Buy Liberty Bonds
To Your Utmost.



An Act of General Assembly 1918

RELATING TO PUBLIC ROADS

That subsection 18 of section 4356X, Kentucky Statutes, Carroll's Edition 1915, be and the same is hereby repealed and in lieu thereof the following is hereby enacted.

Section 18. The costs of inter-county seat roads constructed under the provisions of this act shall be paid as follows: In counties having an assessed valuation of less than \$5,000,000, seventy-five per cent shall be paid out of the State road fund and the remainder shall be paid by the county.

ORDER ROCKCASTLE COUNTY FISCAL COURT, OCTOBER TERM,

1st day of October, 1918.

On motion of W. D. Mullins, Justice, seconded by Robert Evans, it is ordered by the court, that the Sheriff of Rockcastle County, open a poll in each of the voting precincts of Rockcastle county, on the 5th day of November, same being the date of the General Election held in and for said county to ascertain the will of the electors of said county on the election. Are you in favor of voting a 20 cents road tax for the purpose of constructing and improving of the public roads and bridges, one or both, as the Fiscal Court of said county may direct. Said taxation to run a period of five years and it is further ordered that no amount that can not be raised by the levy in any one year shall be expended in that year.

RESOLUTION.

Whereas, it is resolved that in event that the 20 cents road tax is voted at the coming November election in Rockcastle County, then the amount that is derived from said taxation will be prorated and used in and according to the size of each Magisterial District. It is further resolved that the 20 cents road tax, which is a levy now in force shall be omitted from the levy of 1919; that the present rate of taxation upon the one hundred dollars shall be the same as at present.

CAM MULLINS, J.R.C.C.
FREEMAN KETRON, J.P.R.C.
W. D. MULLINS, J.P.R.C.
W. D. ABNEY, J.P.R.C.
J. R. EVANS, J.P.R.C.

BUY LIBERTY BONDS

Judge Cam Mullins,
Mt. Vernon, Ky.

Dear Sir:

Enclosed please find check No 6449 for \$1,489.33. Same being the balance of all money apportioned to your county previous to 1918.

The 1918 apportionment will be available in December. Your County was apportioned \$5,054.00 for 1918. From this must be first paid the cost of making the Federal Aid Survey in your county. The remainder can be applied to paying the state's share of the cost of State Aid Road work provided the county has complied with the requirements of State Maintenance Law enacted at the last session of the Legislature.

Yours truly,

R. Wiley,
Commissioner Public Roads.

The proposed 20-cent road tax will not increase your rate of taxation but will furnish means for completion of present roads under construction and aid to others in the county.

Buy MORE Bonds

A BEAUTIFUL WOMAN.

Do you know that a beautiful woman always has a good digestion? If your digestion is faulty, eat lightly of meats, and take an occasional dose of Chamberlain's Tablets to strengthen your digestion. Price 25c.

Buy MORE Bonds

DON'T WAIT TO BE DRAFTED

VOLUNTEER AS PATRIOTS FOR Government Work

Carpenters 60c - Laborers 35c per hour LODGING FREE

The government at Washington has called upon the citizens of KENTUCKY at once to furnish the men to build—or lose from the State entirely—the wonderful Camp Henry Knox, at Stithon, designed to be the greatest Artillery Training Camp in the United States.

The credit and good name of the Commonwealth of KENTUCKY must be upheld. And the State MUST NOT lose this great plant calling for an investment on the part of the United States Government of from \$15,000,000 to \$20,000,000.

Up to this time the work has lagged for want of men. It is now up to the men of Kentucky to volunteer, or be forced to do so later on. There is no middle course.

10,000 WORKMEN MUST COME FORWARD!

CARPENTERS AND LABORERS

Wages are high and fixed by the Government. Carpenters 60 cents an hour. Laborers 35 cents an hour. Carpenters and laborers work ten hours each day, receiving pay for eleven hours. Saturday afternoon and Sunday work (not compulsory) double pay for carpenters; time and a half for laborers.

Free sleeping quarters provided with new cots and blankets. Meals 30 cents each. Transportation free to laborers and charges are advanced to carpenters from any point in the State.

SANITARY CONDITIONS Are Of the BEST

Camp Knox was selected for a permanent site because it is located on the highest point of land on the Illinois Central between Louisville and New Orleans. Camp Knox has one of the best health resorts in the country.

PATRIOTIC WOMEN OF KENTUCKY

See to it that every able-bodied man in the State, not engaged in other War Industries, volunteers his service at high pay, to help get this great permanent Kentucky camp ready for the brave boys of this Commonwealth and other States, now billeted in tents at Camp Taylor and West Point, so they will not have to suffer the privations of General Washington and the Continental Army at Valley Forge.

If it is not your own son—who must be housed at Camp Knox this winter, it is the boy of some other mother—all of them training to protect our Liberty in the great fight for Freedom.

Provided men do not volunteer for this well-paid and necessary patriotic work, it is the duty of every loyal Kentucky woman to report them to the nearest United States Employment Service just as they would a Hun Spy or an Army Slacker.

Show them their Duty.

Make them Volunteer.

Take their places!

CAMP KNOX MUST Be Ready DECEMBER 1

Before cold weather sets in, barracks at Camp Knox to shelter not less than 30,000 Army Boys, and stables for at least 15,000 animals must be completed. This is imperative.

Full-blooded Kentucky co-operation can complete quarters for not less than 50,000 soldiers and 30,000 animals in that time, if all work together. It is a man-sized job, all right, even for Kentuckians, but it can be done, as Kentuckians never fail in what they undertake.

Communicate at Once With Any of the Following

SUPERINTENDENTS OF THE UNITED STATES EMPLOYMENT SERVICE OFFICES

At any of the Following Places:

Louisville, 525 W. Market St.; Lexington, 129 Market St.; Covington; Paducah; Bowling Green; Middlesborough; Ashland; or to your Own County Chairman of the U. S. Public Service Reserve.

(Signed)

PRATT DALE, Federal Director U. S. Employment Service.
FRANK L. McVEY, State Director, U. S. Public Service Reserve.
E. W. HINES, Chairman Kentucky Council of Defense.

Liberty Bonds or German Taxes

BUY LIBERTY BONDS

SINCERE GRATITUDE.

Mrs. William Bell, Logansport, Ind., writes: "I deem it my duty to express my gratitude for the good Chamberlain's Colic and Diarrhoea Remedy did me when I had a severe attack of diarrhoea three years ago. It was the only medicine that relieved me."

Buy MORE Bonds

NOTICE

Pursuant to a resolution passed at its Special Term, of the Rockcastle Fiscal Court, Oct. 1, 1918, the undersigned, Sheriff, will cause a poll to be opened in each of the respective voting precincts of Rockcastle County between the hours of 6 o'clock a.m. and 4 o'clock p.m., on the 5th day of

Nov. 1918, for the purpose of submitting the question to the voters: Are you for a Property Tax of 20 cents on each \$100.00 worth of property in the County of Rockcastle, to be levied each year for a period of five years, for the purpose of improving the public roads or bridges of said County, or either or both of them?

J. S. LANGFORD,
Sheriff of Rockcastle County.
Oct. 1, 1918.

BUY LIBERTY BONDS

ROCKCASTLE COUNTY COURT ORDER.

Whereas, a petition was on the 10th day of August, 1918, filed with the clerk of Rockcastle County Court, signed by more than twenty legal voters of voting Precinct No. 6 (Orlando), in Rockcastle county, asking a submission of the question whether

cattle or any specie thereof, shall be permitted to run at large in said voting precinct.

It is now ordered by the court that a poll be opened in said voting precinct at the next general election to be held on the 5th day of November, 1918, for the purpose of ascertaining the will of the voters of said voting precinct upon said question.

Attest: S. F. BOWMAN,
County Court Clerk.

BUY LIBERTY BONDS

ROCKCASTLE COUNTY COURT ORDER.

Whereas, a petition was on the 29th day of August, 1918, filed with the clerk of Rockcastle County Court, signed by more than twenty legal voters of voting Precinct No. 1 (East Mt. Ver-

SAVE FOR YOUR COUNTRY OR SLAVE FOR THE HUN.

BUY BONDS.

non) in Rockcastle County asking, November, 1918, for the purpose a submission of the question of ascertaining the will of the voters of said voting Precinct upon said question.

It is now ordered by the court that a poll be opened in said voting Precinct at the next general election to be held on the 5th day of

Attest: S. F. BOWMAN,
County Court Clerk.

Children Cry
FOR FLETCHER'S
CASTORIA



Buy Liberty Bonds and Get Others to Buy Them

When you have bought all the LIBERTY BONDS you possibly can don't let that satisfy you.

Do a little more for Uncle Sam.

Turn in and be a Liberty Bond salesman. Talk to your friends and neighbors about LIBERTY BONDS. Get them to buy also. Find out who hasn't bought LIBERTY BONDS and see if you can't persuade them to buy.

Every Liberty Bond you get someone else to buy is just as effective as though you bought it yourself.

It's good training, too, for you in many ways, as well as a splendid piece of patriotism.

So remember, buy all the LIBERTY BONDS you can and then do all you can to make others—especially your friends and neighbors—buy them.

That is the kind of citizen that Uncle Sam wants—the hundred per cent kind.

Go to Any Bank Today and Buy Your Liberty Bonds

This Space Contributed to Winning the War by

ROCKCASTLE COUNCIL OF DEFENSE

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

From "Over There"

They tell us the only time "Kaiser Bill" or Hindenburg whistles is when they are nervous.

"Our own Yanks" have started them whistling. Let's back them up by subscribing to the

Fourth Liberty Loan

LEAVE YOUR SUBSCRIPTION WITH
THE
Bank of Mt. Vernon

IF AT ANY TIME YOU SHOULD NEED A WAGON, MOWER

RAKE, CORN or WHEAT DRILL

Disc Harrow, Plow, Cane Mill, Saw Mill, Corn Mill, Pump, Thresher,

Engine, Oil or Steam; Buggy, Truck, Binder, Silo or Cutter, Manure Spreader, Lime Spreader, Hay Baler, Fertilizer, Pipeless Furnace; Hack, Tractor, I will guarantee delivery within one day. Keep them in stock and can furnish you with repairs at once for anything I sell you.

CALL ME AT LONDON, KY., OR SEE
S. ALBRIGHT at Mt. Vernon, Ky.

T. G. MOREN

Dealer in Buggies, Wagons, Mills and
All Kinds of Farm Implements.
LONDON, KY.

Germany's Fourth Offense Failed;

Our Fourth Loan Must Not.

Buy LIBERTY BONDS

L. W. BETHURUM
ATTORNEY AT LAW
MT. VERNON, KY.
Will practice in all the courts.
Office on Church Street

C. C. Williams
ATTORNEY-AT-LAW
MT. VERNON, KY.

OFFICE - On 2nd floor of
Bank of Mt. Vernon, on
Church St. - Special atten-
tion given collections.
PHONE 80

Buy MORE Bonds

Buy MORE Bonds

JINGLE SAYS ADVICE ON FLU

U. S. Public Health Service Issues
Official Health Bulletin
on Influenza.

LATEST WORD ON SUBJECT.

Epidemic Probably Not Spanish in
Origin—Germ Still Unknown—Peo-
ple Should Guard Against "Droplet
Infection"—Surgeon General Blue
Makes Authoritative Statement.

Washington, D. C.—(Special.)—Al-
though King Alfonso of Spain was
one of the victims of the influenza epi-
demic in 1893 and again this summer,
Spanish authorities repudiate any
claim to influenza as a "Spanish" dis-
ease. If the people of this country do
not take care the epidemic will be-
come so widespread throughout the
United States that soon we shall hear
the disease called "American" influ-
enza.

In response to a request for definite
information concerning Spanish influ-
enza, Surgeon General Rupert Blue of
the U. S. Public Health Service has
authorized the following official inter-
view:

What is Spanish influenza? Is it
something new? Does it come from
Spain?

"The disease now occurring in this
country and called 'Spanish Influenza'
resembles a very contagious kind of
'cold,' accompanied by fever, pains

Coughs and Sneezes Spread Diseases



In the head, eyes, ears, back or other
parts of the body and a feeling of se-
vere sickness. In most of the cases the
symptoms disappear after three or four
days, the patient then rapidly recover-
ing. Some of the patients, however,
develop pneumonia, or inflammation
of the ear, or meningitis, and many of
these complicated cases die. Whether
this so-called 'Spanish' influenza is
identical with the epidemics of influ-
enza of earlier years is not yet known.

"Epidemics of influenza have visited
this country since 1847. It is interest-
ing to know that this first epidemic
was brought here from Valencia,
Spain. Since that time there have
been numerous epidemics of the dis-
ease. In 1889 and 1890 an epidemic
of influenza, starting somewhere in the
Orient, spread first to Russia and
thence over practically the entire civ-
ilized world. Three years later there
was another flare-up of the disease.
Both times the epidemic spread wide-
ly over the United States.

"Although the present epidemic is
called 'Spanish influenza,' there is no
reason to believe that it originated in
Spain. Some writers who have studied
the question believe that the epidemic
came from the Orient and they call at-
tention to the fact that the Germans
mentioned the disease as occurring along
the eastern front in the summer and
fall of 1917."

How can "Spanish influenza" be rec-
ognized?

"There is as yet no certain way in
which a single case of 'Spanish influ-
enza' can be recognized. On the other
hand, recognition is easy where
there is a group of cases. In contrast
to the outbreaks of ordinary coughs
and colds, which usually occur in the
cold months, epidemics of influenza
may occur at any season of the year.
Thus the present epidemic raged most
intensely in Europe in May, June and
July. Moreover, in the case of ordi-
nary colds, the general symptoms
(fever, pain, depression) are by no
means as severe or as sudden in their
onset as they are in influenza. Final-
ly, ordinary colds do not spread
through the community so rapidly or
so extensively as does influenza.

"In most cases a person taken sick
with influenza feels sick rather sud-
denly. He feels weak, has pains in the
eyes, ears, head or back, and may be
sore all over. Many patients feel
dizzy, some vomit. Most of the pa-
tients complain of feeling chilly, and
with this comes a fever in which the
temperature rises to 100 to 104. In
most cases the pulse remains relative-
ly slow.

"In appearance one is struck by the
fact that the patient looks sick. His
eyes and the inner side of his eyelids
may be slightly 'bloodshot,' or 'con-
gested,' as the doctors say. There
may be running 'from the nose,' or
there may be some cough. These signs
of a cold may not be marked; never-
theless the patient looks and feels very
sick.

"In addition to the appearance and
the symptoms as already described,
examination of the patient's blood may
aid the physician in recognizing 'Span-
ish influenza,' for it has been found

that in this disease the number of
white corpuscles shows little or no in-
crease above the normal. It is possi-
ble that the laboratory investigations
now being made through the National
Research Council and the United
States Hygienic Laboratory will fur-
nish a more certain way in which indi-
vidual cases of this disease can be
recognized."

What is the course of the disease?
Do people die of it?

"Ordinarily, the fever lasts from
three to four days and the patient re-
covers. But while the proportion of
deaths in the present epidemic has
generally been low, in some places the
outbreak has been severe and deaths
have been numerous. When death oc-
curs it is usually the result of a com-
plication."

What causes the disease and how is
it spread?

"Bacteriologists who have studied in-
fluenza epidemics in the past have
found in many of the cases a very
small rod-shaped germ called, after its
discoverer, 'Ritter's bacillus.' In other
cases of apparently the same kind of
disease there were found pneumococci,
the germs of lobar pneumonia. Still
others have been caused by strepto-
cocci, and by others germs with long
filaments."

"No matter what particular kind of
germ causes the epidemic, it is now
believed that influenza is 'spread' from
person to person, the germs being car-
ried with the air along
with the very small droplets of mucus,
expelled by coughing or sneezing,
forceful talking, and the like by one
who already has the germs of the dis-
ease. They may also be carried about
in the air in the form of dust coming
from dried mucus, from coughing and
sneezing, or from careless people who
spit on the floor and on the sidewalk.
As in most other catching diseases, a
person who has only a mild attack of
the disease himself may give a very
severe attack to others."

What should be done by those who
catch the disease?

"It is very important that every per-
son who becomes sick with influ-
enza should go home at once and go to bed.
This will help keep away dangerous
complications and will, at the same
time, keep the patient from scattering
the disease far and wide. It is highly
desirable that no one be allowed to
sleep in the same room with the pa-
tient. In fact, no one but the nurse
should be allowed in the room."

"If there is cough and sputum or
running of the eyes and nose, care
should be taken that all such dis-
charges are collected on bits of gauze
or rag or paper napkins and burned.
If the patient complains of fever and
headache, he should be given water to
drink, a cold compress to the forehead
and a light sponge. Only such medi-
cine should be given as is prescribed
by the doctor. It is foolish to ask the
druggist to prescribe and may be dan-
gerous to take the so-called 'safe, sure
and harmless' remedies advertised by
patent medicine manufacturers."

"If the patient is so situated that he
can be attended only by some one who
must also look after others in the fam-
ily, it is advisable that such attendant
wear a wrapper, apron or gown over
the ordinary house clothes while in the
sick room and slip this off when leav-
ing to look after the others."

"Nurses and attendants will do well
to guard against breathing in danger-
ous disease germs by wearing a simple
fold of gauze or mask while near the
patient."

Will a person who has had influenza
before catch the disease again?

"It is well known that an attack of
measles or scarlet fever or smallpox
usually protects a person against an-
other attack of the same disease. This
appears not to be true of 'Spanish in-
fluenza.' According to newspaper re-
ports the King of Spain suffered an
attack of influenza during the epi-
demic thirty years ago, and was again
stricken during the recent outbreak in
Spain."

How can one guard against influ-
enza?

"In guarding against disease of all
kinds, it is important that the body be
kept strong and able to fight off dis-
ease germs. This can be done by hav-
ing a proper proportion of work, play
and rest, by keeping the body well
clothed, and by eating sufficient whole-
some and properly selected food. In
connection with diet, it is well to re-
member that milk is one of the best
all-around foods obtainable for adults
as well as children. So far as a dis-
ease like influenza is concerned, health
authorities everywhere recognize the
very close relation between its spread
and overcrowded homes. While it is
not always possible, especially in
times like the present, to avoid such
overcrowding, people should consider
the health danger and make every
effort to reduce the home overcrowd-
ing to a minimum. The value of fresh
air through open windows cannot be
over emphasized."

"When crowding is unavoidable, as
in street cars, care should be taken to
keep the face so turned as not to in-
hale directly the air breathed out by
another person."

"It is especially important to be-
ware of the person who coughs or
sneezes without covering his mouth
and nose. It also follows that one
should keep out of crowds and stuffy
places as much as possible, keep
homes, offices and workshops well
aired, spend some time out of doors
each day, walk to work if at all prac-
ticable—in short, make every possible
effort to breathe as much pure air as
possible."

"In all health matters follow the ad-
vice of your doctor and obey the regu-
lations of your local and state health
officers."

"Cover up each cough and sneeze,
if you don't you'll spread disease."

Are You Asleep at the Switch?

Men are getting robbed of all their money every day by
carrying it around or leaving it about their homes.

Take no chance—Deposit your money in the
PEOPLES BANK

At Mt. Vernon—A Good, Solid Banking Institution.
If you do not want to use it at once you can get interest on
it, and the Bank pays all your Taxes on your money.

"A country worth fighting for is a country
worth saving for. Buy Liberty Bonds and
prove yourself true
to the Red, White and Blue."

Peoples Bank Sells Liberty Bonds

You Will Be Pleased



with the perfect fit of your suit,
the quality "feel" of the cloth and its individual
design when ordered from

United States Tailoring Co.
CHICAGO, ILLINOIS

Their line is overflowing with new, appealing suitings and
overcoatings—fabrics that will delight the young man of fash-
ion and make the business man look the part. Tailored to
your intimate inches with the skill that makes no mistakes.
Prices extremely low.

Shirley C. Adams, Brodhead

PUBLIC SALE

I WILL ON

Wednesday, October 16

BEGINNING AT 10 O'CLOCK A. M., AT MY HOME

1 MILE NORTH OF WILDIE

On account of entering the service of the Y. M. C. A. in War Work

Offer for sale the following personal
property:

- | | |
|-----------------------------|-------------------------|
| 4 good Brood Mares, | 2 three year old mules, |
| 3 two-year-old mules, | 3 mule colts, |
| 2 Jersey cows, | 1 red cow, |
| 2 two-year-old Red Heifers, | |
| Some old corn, | Corn in field, |
| About 400 bales Hay, | 1 two-horse Wagon, |
| 1 Mowing Machine, | 1 Cultivator, and Rake. |
| 1 Disc Harrow, | 1 Section Harrow, |

All my Farming Tools, Harness and some household and
kitchen furniture.

NO BY BIDDING

TERMS OF SALE:—\$10.00 and under cash in hand, over \$10.00
a credit of 6 months (or more if agreeable), with approved
security.

W. B. SIGMON

Buy LIBERTY BONDS

Children Cry
FOR FLETCHER'S
CASTORIA

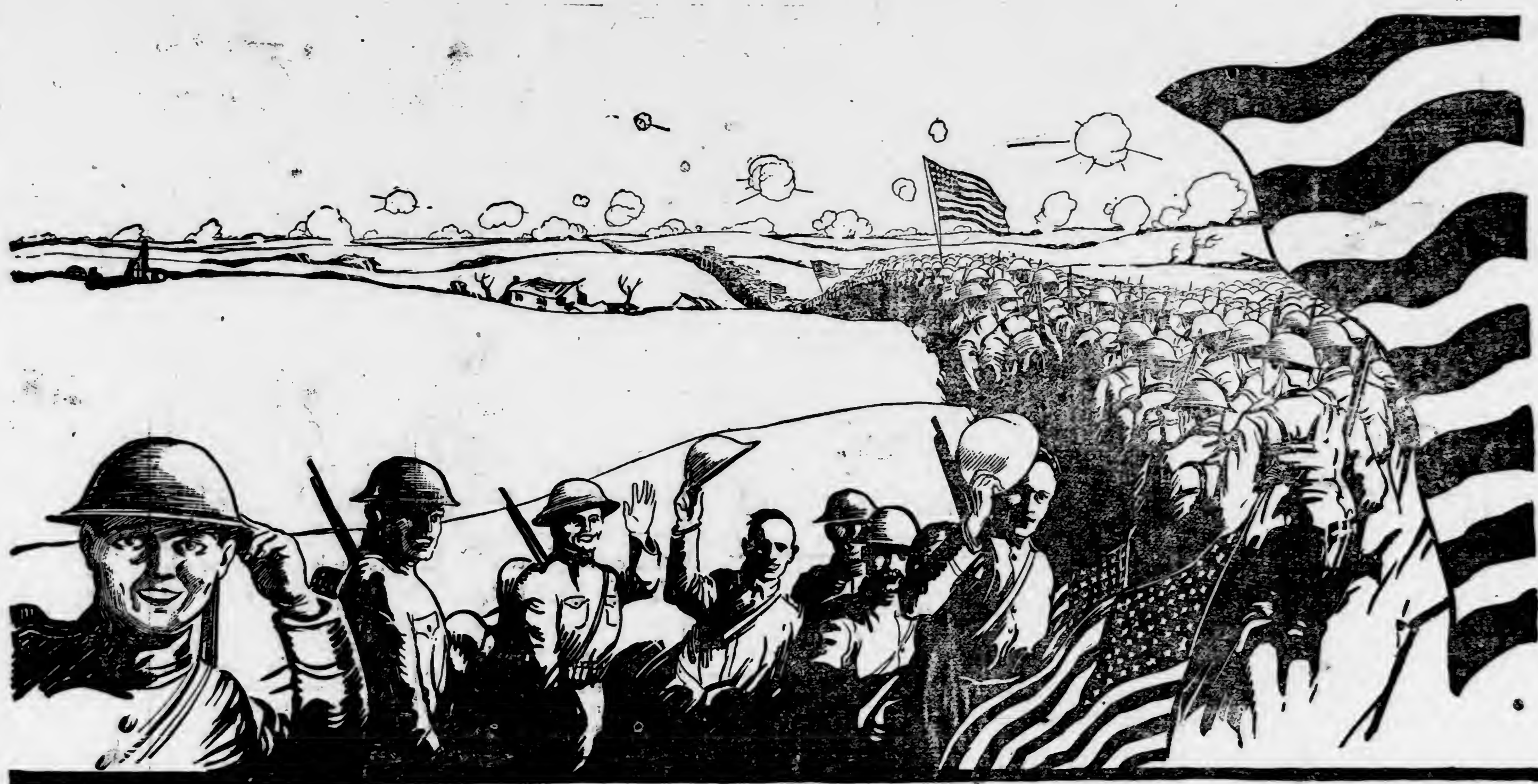
Buy MORE Bonds

Buy LIBERTY BONDS

FOR SALE:—A good Jack, two
fine young studs, and a pair of six-
year-old horse mules. See
once if interested.
C. A. DAVIS, Mt. Vernon.

Buy LIBERTY BONDS

Notice:—The person who bor-
rowed or deliberately carried off
my cross cut saw, will please
bring it home. I need it.
R. L. McFERRON.



Shall We—Can We—Prove False to Their Trust in Us?

Our heroic soldiers and sailors have gone forth to risk their lives for us. They are giving one hundred per cent of their effort, they have given up their comfortable homes, they have left their loved ones behind, they are prepared to lay down their lives without murmur.

AND ALL FOR YOU AND ME!

In going, they left behind a sacred trust. They left behind the faith that we would stand by them to the limit of our power. Just as they offer their lives for us they believe that we will not hesitate to lend our money to buy what is needed to help them to end the German curse.

When they heard the thunder of the cheering and saw the countless flags waving, that meant to them our promise that we would not betray them.

Are we measuring up to this trust they have in us?

ARE YOU?

Do the LIBERTY BONDS you have bought look big enough to you to make good the trust that our soldiers are reposing in you?

If not, hurry and buy more while there is yet time.

Hurry, in God's Name, Hurry!

**GO TO ANY BANK TODAY AND
BUY YOUR LIBERTY BONDS**

This Space Contributed to Winning the War by

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